



Mamme in Movimento is a course providing **physical training for childbirth**. Its main objectives are:

ensuring the **well-being** of women during **pregnancy**, allowing a **quicker delivery**, **minimizing pain** and **avoiding lacerations**.

MM training is based on a simple, though not obvious, parallel with sports:

Childbirth is indeed seen as an *extremely challenging sports competition* and the expectant mother as an athlete who needs excellent physical preparation to compete.

So, based on this approach, how do you actually prepare to childbirth with Mamme in Movimento?

In just 2 steps! The training and the mock competition.

THE TRAINING

It consists of lessons divided by gestational age, comprising easy, innovative and carefully designed exercises that expectant mothers can do while comfortably seated. These exercises will:

- 1) ensure the **well-being of pregnant women**, thus avoiding and preventing back pain and other typical, pregnancy-related kinds of pain.
- 2) **provide technical training** for the lower abdomen and lower pelvis of expectant mothers, thus improving their flexibility and softness for better delivery.
- 3) Some of these exercises will also serve as a **warm-up during pre-labour**.

To get a preview of one of our lessons, watch the video recorded by the Italian newspaper *La Repubblica*: https://www.youtube.com/watch?v=cMf5cd1I_RU

Lessons are organized as follows:

Mamme-0 - first lesson for everyone / 1 lesson, 1.5-hour lesson

Mamme-1 - module from the 24th to the 27th week / a 1-hour lesson per week, 4 lessons in total

Mamme-2 - module from the 28th to the 31st week / a 1-hour lesson per week, 4 lessons in total

Mamme-3 - module from the 32nd to the 36th week / a 1-hour lesson per week, 5 lessons in total

THE MOCK COMPETITION

It consists of **two Master lessons** providing specific instructions on all the **technical gestures** involved in Pushing, Breathing and Delivery positions, to help you **perform at your best** throughout the birth process, **from pre-labour to labour**, at home and in the delivery room.

Lessons are organized as follows:

Pushing and breathing Master —> 2.5-hours lesson
—> for expectant mothers alone
—> to be attended around the 32nd/33rd week

Delivery position Master —> lessons for a total of 5 hours divided into 3 parts (30 min; 1.5 h; 3 h)
—> for expectant mothers and their partners
—> to be attended around the 34th/35th week

Sign-up information:

- The Mamme-0 class may be attended from the 22nd week onwards, and may be paid individually. After this class, in case you decide to attend the whole MM course, the secretariat will create with you a personalised schedule of lessons.

- Lessons should be paid by bank transfer in maximum 2 instalments.

- In specific cases, for example shortened cervix, breech baby, scheduled caesarean section, twin pregnancy or others, you may attend the MM course while adapting it to your individual situation together with the secretariat.

- As mentioned above, the cost of the course depends on your individual situation, therefore the secretariat will determine with you the course schedule and price.

Moreover:

If you are looking for some practical tips on how to sleep and sit comfortably during pregnancy, don't miss our videos **Mamme Comode-Sdraiate** and **Mamme Comode-Sedute**: find them in our online SHOP at this link <https://www.shopmammeinmovimento.it/>

Follow us on our social media channels for all our latest news:

Instagram: https://instagram.com/mamme_in_movimento?igshid=NGVhN2U2NjQ0Yg==

Tiktok: https://www.tiktok.com/@mammeinmovimento?_t=8fsTEEkBq2C&_r=1

You tube: <https://youtube.com/@mammeinmovimento3242?si=jhypX0XXzeyzR0Td>

The Mamme in Movimento staff

